

Description

Torque releasing mechanism for fitness training equipment

BACKGROUND OF INVENTION

- [0001] The present invention relates generally to design and construction of a torque releasing mechanism to be used on fitness training equipment or machines which employ cables to produce the needed resistance for weight training.
- [0002] Most fitness equipment employs cable and gear system to provide fitness users to train their body and build up strength. The simplest fitness equipment or any home gym system is made up of some form of resistance (typically weight packs) at one end, and a grab bar or handle bar at the other end so that a person can pull down the grab bar to exercise.
- [0003] In the above-described cable/gear system, there is some amount of undesired torque being accumulated to the cable as the equipment is being used repeatedly. The cable, mostly made of steel or other metallic material, travels

through the gears in the fitness equipment to provide a user the resistance (usually in a form of suspended weight packs) needed for the training. As the torque builds up in the cable over time, the handle bar may spin and turn when a user is just about to grab it or just after letting it go, and poses potential danger to a user.

[0004] Moreover, the built-up torque in the cable sometimes causes the cable to derail out of its groove in the gears, and, if not restrained properly in its groove, may cause the fitness equipment to malfunction, such as sudden change to the tension of the cable (due to the derailment of the cable during use) and pose even greater danger to users.

SUMMARY OF INVENTION

[0005] Present invention provides a torque-releasing mechanism for the cable on fitness equipment so that the undesired torque built up due to repeated use can be reduced/released. By doing so, the safety of a fitness equipment can be greatly enhanced.

BRIEF DESCRIPTION OF DRAWINGS

[0006] The accompanying drawings, which are incorporated in and constitute a part of this specification, illustrate the

preferred embodiments of the invention and together with the description, serve to explain the principles of the invention.

- [0007] A brief description of the drawings is as follows:
- [0008] Fig. 1 shows a schematic of basic construction in typical fitness equipment.
- [0009] Fig. 2a shows a first embodiment of present invention in assembled view.
- [0010] Fig. 2b shows the exploded view of first embodiment.
- [0011] Fig. 2c shows the side structural view of first embodiment, with added ball bearing.
- [0012] Fig. 3a shows a second embodiment of present invention in assembled view.
- [0013] Fig. 3b shows the exploded view of second embodiment.

DETAILED DESCRIPTION

- [0014] In Fig. 1, a simple schematic of current fitness equipment or weight training machines are shown.
- [0015] In Fig. 1, a user would hold the handle bar, which is connected directly to a cable strung through various gears to a resistance source (usually weight packs), and start his/her workout routine.
- [0016] The handle bar can be anything that a user engages for

training purpose, such as a knee/ankle bar, or any pieces to be used and engaged to certain body muscle group.

- [0017] The resistance can also encompass bow-type (flexing resistance) or other spring-type mechanism.
- [0018] Through repeated uses, the handle bar gets random and unpredictable turns and spins, some amount of undesired torque is built up and accumulated to the cable. Depending on the amount of torque accumulated, potentially, the cable has a tendency to spring out the groove on the gears on which it rests. This obviously causes the fitness system to malfunction and has a potential to injure unwitting users. Or, the amount of built-up torque would cause the handle bar to generate random turn or spin which would potentially hit a user if the spin/turn of the bar comes as a surprise to a user.
- [0019] To release the undesired torque and reset the cable back to its neutral and relaxed state, so that the aforementioned drawbacks would not occur, present invention envisions an eye hook piece 10 for fastening to the cable. Said eye hook piece 10 is situated rotably relative to the handle bar, thus allowing the built-up torque to be released through the rotation mechanism of present invention.

- [0020] In Figs. 2a and 2b, a bottom piece 50 is used to receive the handle bar on a typical fitness equipment. Eye hook piece 10 has a bolt body 11 with a threaded end that is inserted through an opening of a top cap piece 40.
- [0021] A washer piece 12 and a nut 14 are used to secure top cap piece 40 to the eye hook piece 10, allowing said eye hook piece 10 to rotate freely relative to the top cap piece 40.
- [0022] In Fig. 2c, ball bearings can be optionally added to the washer piece 12 to enhance the rotating freedom of the eye hook piece 10. Although fig. 2c shows the ball bearings on top of the washer piece, present invention also envisions ball bearings sandwiched in between two round disks. Such washer pieces with ball bearings are readily available and need no further illustration.
- [0023] In Figs. 2a, 2b and 2c, the top cap piece 40 is secured to the bottom piece 50 by a locking pin 90.
- [0024] In Figs. 3a and 3b, the outer circumferences top cap piece 40 and bottom piece 50 are made into circular shape, so that one can have inside thread and the other can have outside thread for fastening the two together. Although figs. 3a and 3b show the top cap piece 40 is fitted to the outside of bottom piece 50, the reverse can be done as

well.